

Take the 5-A-Day Challenge to Promote Better Health

Make Half Your Plate Fruits and Vegetables at Each Meal

Eating 5 to 13 servings of fruits and vegetables a day will promote good health and reduce the risk of many cancers, high blood pressure, heart disease, diabetes, stroke, and other chronic diseases.

Skim/Lowfat
Milk
or Yogurt

Fruits
and
Vegetables

Meat, Fish,
Poultry
and Beans

Grains